

FAB

Fun, **A**dvocacy, and **B**rainpower

August FAB Topic - Be Kind to Each Other



Agenda: Time to create an agenda



Introductions: Make a fun way to introduce yourself



Ground Rules



- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month. 
- ✓ Have fun learning, sharing, and doing some of the exercises you find for the month we are in.



Fun Games



- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



Games



Game 1.

1. Pick a number from 1-6. Tell the game facilitator what number you picked.
2. For example: Jeremy picked the number 5.
3. The facilitator will ask him to share 5 ways to be a good friend.
4. The facilitator will use a white board (on the computer or in an office setting) and write down what each person shares.
5. After everyone in the group has had a turn, the group will review what everybody shared.

Game 2.

1. You're with a bunch of people. You close your eyes. Somebody starts the count by saying something exactly like "one."
2. Whoever is so moved then says "two." Anyone can say the next number at any time.
3. However, if two people call out a number at the same time, the count must start over.

Game 3.



<https://teambuilding.com/blog/virtual-games-large-groups#:~:text=9.%20Digital%20Scavenger,for%20your%20hunt.>

Digital Scavenger Hunt

For a more active game, Digital Scavenger Hunt is a good choice.

1. To hold a digital scavenger hunt, compile a list of items and challenges for players to complete.
2. Then, during the hunt, set a time limit and have players fulfill as many items and challenges as possible before time runs out.
3. The player who completes the most items or challenges by submitting photographic or video evidence wins.
4. Because digital scavenger hunts hinge entirely on what participants have in their homes, the game can include an unlimited number of players. However, when choosing items or challenges, try to name items that are universal.

Please click here for a [list of rules and items for your hunt](#).

Virtual Scavenger Hunt

- SELF-HELP BOOK/ADULT COLORING BOOK 
- YOUR FAVE MUG 
- MOVIE W/ SANDRA BULLOCK OR KEANU REEVES (2X POINTS IF BOTH!) 
- PET SELFIE 
- PERFORM A TIK TOK DANCE 
- YOUR HOME COOKING/BAKING 
- VIEW FROM YOUR WINDOW 
- YOUR CHILDHOOD TEDDY BEAR 
- SOMETHING YOU CAN'T LIVE WITHOUT 



Brainpower – Information and Resources to Empower SA members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes, and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



BE KIND: <https://enlighteninglife.com/be-kind-to-one-another>

www.doyou.com/25-ways-to-be-kind-88843

<https://declutterthemind.com/blog/ways-to-be-kinder>



SPIRITUAL CONNECTION:

<https://solancha.com/the-spiritual-connection-checklist-11-signs-you-are-spiritually-connected-with-someone/>

<https://moderndaymanifestations.com/connect-with-your-higher-self/?nowprocket=1>



CYBERBULLYING:

<https://www.momsteam.com/health-safety/10-tips-teens-prevent-cyberbullying>

[5 Ways to Stop Cyberbullying - YouTube](#)

<https://www.tripwire.com/state-of-security/security-data-protection/cyber-bullying-kids-mean-social-media/>

Virtual Board



Cooking Ideas and Exercise

Recipes



Fresh Steamed Green Beans



Ingredients

1 pound fresh green beans, trimmed



1 tablespoon lemon juice



1 tablespoon olive oil



1 teaspoon minced garlic



Salt and Pepper to taste



Cooking Instructions

1. Wash and cut the ends off the green beans.



2. Add water to a medium saucepan and put your steamer on top of the water.



3. Place green beans in the steamer.



4. Cook to desired tenderness.

5. Put them in a bowl, toss with olive oil salt and pepper to taste.



Healthy Fruit Smoothie

Ingredients

1 cup frozen blueberries



1 cup frozen cherries



4 ice cubes



½ cup orange juice



¾ cup vanilla yogurt



½ teaspoon honey (optional)



Instructions

Blend all ingredients until smooth.

Enjoy!



Raw Fruit Salad



Raw fruits help remove all the toxins from our body.

- ✓ It is a light and fresh diet that helps to bring calmness in our mind.
- ✓ It helps to make you more focused on our goal whatever it may be.
- ✓ This is one way that you can lose your weight.
- ✓ There are lots of health benefits, such as cure disease, bring calmness in our mind, increase concentration.

Ingredients



- One type of seasonal fruits

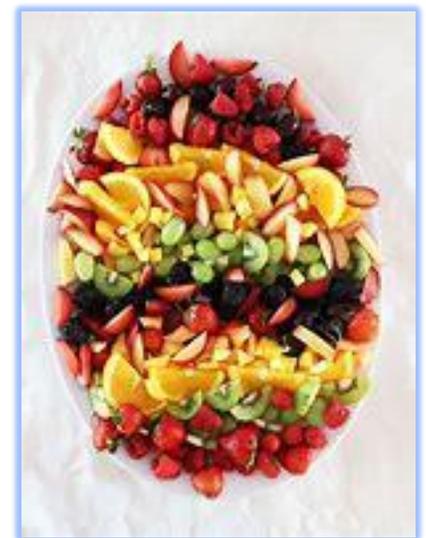
Preparation



- ✓ First, wash all the fruit.
- ✓ Then, cut into small pieces.
- ✓ And, your delicious and sweet fruit is ready to eat.

Keep in mind

- ✓ Don't add any type of spice, salt or lemon in it.
- ✓ Always use seasonal fruits.
- ✓ Eat according to your appetite. Eat this salad. Chew well.
- ✓ If you eat it in a state of calm, it will give you good results.



FAQs

Q: What quantity should we take?

A: You can take it according to your appetite.

Exercises

1. Exercise is not always physical.

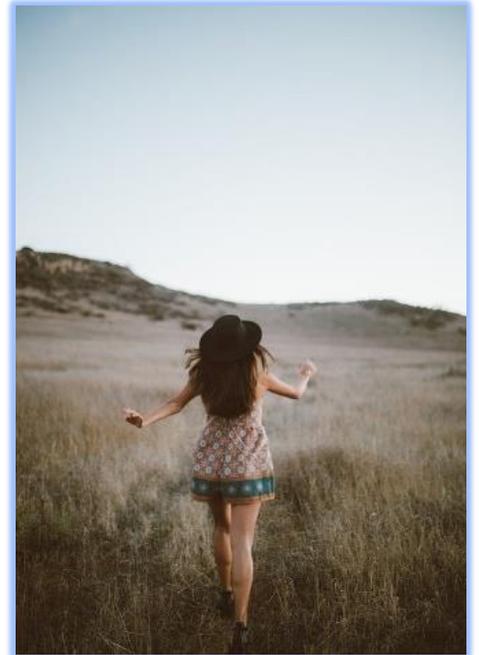
Getting outside is vital to building your spiritual strength. An increased connection to nature and the Earth places you in alignment with the real living energy.

It directly connects you to the divine, allowing positive energy to channel to you and through you.



Enjoy the sunshine and let it shine on your face (your pineal gland is actually light-sensitive).

You can do this more by making it a habit to eat outdoors or even take a walk to watch the sunrise or sunset.



As you spend more time outside, be aware of the sights and sounds of nature.

Feel the energy of the wind as it blows past you and be sure to smell your surroundings.

You were meant to be pleased through your senses, and nature can do that in multiple ways.



2. [4-Minute Easy Yoga Flow for Pre-Workout Warmup | MyFitnessPal - YouTube](#)



3. [12 Simple Wheelchair Exercises for a Healthier You | Disability Friendly](#)

(disabilityfriendlylv.com)

